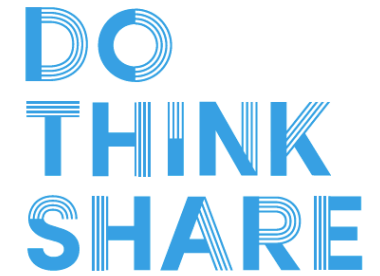


8. Session Plan

Mask Making



Intro Activity

Keep safe

Write a positive message / mantra on a Post-it. Keep it safe for a time you need a pick me up, or swap it with someone else in the group.

Main Activity

Mask Making

1. Make a mask. Use whatever materials you have to make something elaborate, or simple, silly or serious. Whatever you like.
2. Tell a story about the mask. If you were that character where would you go? What would you do? Are there things you could get away with that you wouldn't be able to without it on?

Homework

Recipe for happiness

If you were writing out a recipe for happiness what would go in? A dash of laughter? A splash of friendship? Write out a recipe for happiness to share with the group.

